



Diabetes

What To  
**Know**

# Sheet Pan **MEALS**





## **SHEET PAN MEALS ARE SUCH A GOOD IDEA FOR SO MANY REASONS!**

This is a great way to prepare several meals at once, and clean-up time is minimal since there is only one pan involved.

*Here are a few tips for sheet pan meals:*

- Start with a sturdy 18 x 13 inch sheet pan with a 1 inch lip. I prefer aluminum or stainless without a non-stick coating.
- While many recipes call for a non-stick spray or oil to use in the pan, I usually use parchment paper or aluminum foil for easy clean-up.
- Think about the “plate method” as you build your sheet pan meal. Fill about half the pan with veggies, about ¼ with your protein and about ¼ with a starch or whole grain. If the recipe does not include a starch or whole grain, it can be a side dish.
- Experiment! You’ll find it’s easy to start building your own once you’ve done a few recipes. Some veggies may take a little longer to cook (like Brussels sprouts or carrots) so either cut them smaller or start them first for about 10 minutes before adding the other ingredients.





# RECIPES

## CHICKEN, SWEET POTATOES AND BRUSSELS SPROUTS

Makes 4 servings

¼ recipe = 424 calories, 37g carbs, 24g protein, 20g fat

Non-stick cooking spray

4 chicken thighs or breasts, boneless, skinless

4 sweet potatoes, small

1 lb. brussels sprouts halved

1 tsp olive oil

Seasoning and herbs as desired: black pepper, salt or a low sodium seasoning mix, some crushed rosemary or thyme.

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*Preheat oven to 425°F. Prepare baking sheet by laying down parchment paper or spraying with cooking spray. Season both sides of the chicken with desired seasoning, set aside. Place Brussels sprouts in large bowl, drizzle with olive oil and sprinkle with seasoning. Toss to combine. Set aside. Slice sweet potatoes in half lengthwise. Brush with olive oil and place sweet potatoes cut side down onto baking sheet. Spray tops with cooking spray. Bake in the oven for 20 minutes. Remove sheet pan from oven and place chicken (smooth side down) and Brussels sprouts on sheet pan. Return to oven and bake for an additional 20 minutes. Flip chicken and Brussels sprouts and continue to bake for 10 minutes, or until chicken reaches internal temperature of 165°F, and the Brussels sprouts are crispy and sweet potatoes are cooked through.*





# RECIPES

## MEXICAN SHRIMP BAKE

Makes 4 servings

¼ recipe = 394 calories, 41g carbs, 25g protein, 17g fat

1.5 pounds baby red potatoes

(cut into ¾ inch cubes)

1 Tbsp olive oil

3 medium limes

¾ tsp kosher salt, divided

¼ cup unsalted butter, melted

1 tsp ground chipotle pepper

½ pound fresh asparagus, cut into 2 inch pieces

½ pound broccolini or broccoli cut into small florets

1 pound uncooked shrimp (*medium or large*),  
peeled and deveined

2 Tbsp fresh cilantro, chopped

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***Preheat oven to 400°F. Place potatoes in a greased 15x10x1-inch baking pan lined with foil or parchment paper; drizzle with olive oil. Sprinkle with ¼ teaspoon kosher salt; stir to combine. Bake 30 minutes. Meanwhile, squeeze ⅓ cup juice from limes, reserving fruit. Combine lime juice, melted butter, chipotle and remaining salt. Remove sheet pan from oven; stir potatoes. Arrange asparagus, Broccolini, shrimp and reserved limes on top of potatoes. Pour lime juice mixture over vegetables and shrimp. Bake until shrimp turn pink and vegetables are tender, about 5-10 minutes. Sprinkle with cilantro and serve.***





# RECIPES

## **SALMON (OR CHICKEN) VEGGIE POCKETS**

**Makes 4 servings**

**One packet = 400 calories, 13g carbs, 32g protein, 23g fat**

### **Veggies and marinade:**

- 2 Tbsp white wine
- 1 Tbsp olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 medium sweet yellow peppers, julienned
- 2 cups fresh sugar snap peas, trimmed

### **Salmon:**

- 2 Tbsp white wine
- 1 Tbsp olive oil
- 1 Tbsp grated lemon zest
- ½ tsp salt
- 1/4 tsp pepper
- 4 salmon fillets (6 ounces each)
- 1 medium lemon, halved

***Preheat oven to 400°F. Cut four pieces of parchment paper into 18 x 15 inch squares. Fold each crosswise in half, forming a crease. In a large bowl, mix wine, oil, salt and pepper. Add vegetables and toss to coat. In a small bowl, mix the first five salmon ingredients. To assemble, lay open one piece of parchment paper; place a salmon fillet on one side. Drizzle with 2 teaspoons marinade; top with one-fourth of the vegetables. Fold paper over fish and vegetables; fold the open ends two times to seal. Repeat with remaining packets. Place on baking sheets. Bake until fish just begins to flake easily with a fork, 12-16 minutes, opening packets carefully to allow steam to escape. (If using chicken – cook for 20 minutes longer.) To serve, squeeze lemon juice over vegetables.***





# RECIPES

## MEDITERRANEAN FETA BAKE

Makes 4 servings

¼ recipe = 324 calories, 15g carbs, 21g protein, 10g fat

1 bunch broccoli or broccolini, ends trimmed and cut into bite-size pieces (*split any thick stalks into thinner strips*)

1 pint grape tomatoes (*about 2 cups*)

1 small red onion, peeled, quartered and cut into 2-inch wedges

1 lemon, ½ cut into thin rounds and the remaining ½ left intact, for serving

3 Tbsp olive oil

1 tsp ground cumin

½ tsp red-pepper flakes

Kosher salt and black pepper

2 (6- to 8-ounce) blocks feta, cut into 1-inch slices

½ cup fresh basil or cilantro leaves and fine stems, roughly chopped (*optional*)

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***Heat the oven to 400°F with a rack set in the lower third. On a sheet pan, combine the broccolini, tomatoes, onion and lemon slices with the olive oil and toss. Add cumin and red-pepper flakes, season with salt and pepper, and toss again until evenly coated. Place the feta slices into the vegetables. They may break apart a little, and that's ok. Roast 15 to 20 minutes, stirring halfway through but leaving the feta in place, until the broccolini is charred at the tips, the stems are easily pierced with a fork and the tomato skins start to blister and pop. Squeeze juice from the remaining lemon half over the whole tray and serve over a whole grain or with some crusty bread.***



## CRISPY GNOCCHI BAKE

Makes 4 servings

$\frac{1}{4}$  recipe = 264 calories, 44g carbs, 6g protein, 8g fat

1 pound fresh or frozen potato gnocchi

2 medium bell peppers (*red, green or yellow*) cut into 1 inch chunks

1 pint (2 cups) grape tomatoes

1 small red onion cut into 1 inch chunks

4 cloves garlic, smashed

1 tsp chopped rosemary

$\frac{1}{4}$  tsp kosher salt

Freshly ground black pepper

2 Tbsp olive oil

2 Tbsp chopped basil

Grated Parmesan for serving

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*Arrange a rack in the middle of the oven and heat to 450°F. Line a rimmed baking sheet with parchment paper. Place the gnocchi, peppers, tomatoes, onion, garlic, rosemary, salt, and a few generous grinds of black pepper in a large bowl. Drizzle with the oil and gently toss to combine. Spread the gnocchi mixture out evenly on the prepared baking sheet. Roast, stirring halfway through, until the gnocchi are plump and the vegetables are tender and caramelized, 18 to 20 minutes total. To serve, spoon the gnocchi and vegetable mixture into individual bowls and garnish each bowl with the basil and grated cheese.*





# RECIPES

## BREAKFAST VEGGIE EGG SQUARES

Makes 46 servings

1 square = 156 calories, 3g carbs, 5g protein, 10g fat

12 large eggs

4 cups sliced veggies (onion, green or red pepper, mushrooms, asparagus, broccoli, grape tomatoes, spinach, and zucchini)

Non-stick spray

Seasoning and herbs as desired (*black pepper, salt, crushed red pepper flakes or crushed thyme*)

Optional: fresh chopped basil, hot sauce or salsa

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*Spray the bottom of a 13 x 9 pan with non-stick spray. Evenly spread the veggies in the pan. In a separate bowl, whisk all the eggs, adding salt and pepper as desired. Pour the eggs over the veggies and bake at 400°F for 25 minutes. Once it cools, you can cut it into 6 large pieces. Put each piece in its own storage container and keep in the fridge. Warm up a square each morning in your toaster oven or quickly in the microwave and you have a hot and healthy breakfast.*